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Final Project

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### Art as a Form of Sound Healing

"Art opens the closets, airs out the cellars and attics. It brings healing." This is a quote by Julia Cameron author of *The Artist's Way*. I know from my own experience as an artist that this quote is bursting with wisdom. Art is healing, and it was only recently that I had the realization that I could combine sound healing and art. I was inspired for my final project after taking classes with Randy Masters. The idea for my project occurred during the lunch break. Randy was sitting at the table with his lunch, and I stopped at the sink briefly to fill up my water bottle before heading outside for a walk. He stopped me and asked me what I was doing here at the Globe Institute. I told him I was an English and Art major at my local college. He could instantly tell that I was torn between what directions to choose for my life. I was stuck between deciding on a more academic path over a more creative path. Afterward, Randy told me that I should find what I'm passionate about and find a way to use that gift in the world.

When I was telling Randy how much I loved drawing and art, the idea for my project materialized. He said, "What if art could do something besides be something beautiful, what if it could affect people?" Randy explained how crystals vibrate at certain frequencies, and how these could be infused into different forms of art. This way the art wouldn't just be something to be looked at, but rather something far more powerful. The sound could be embedded in the paintings and the crystals would vibrate at certain frequencies. He then discussed how I could use these types of artwork in sound healings. I could hang the paintings in the sound healing room, I could work with the client on the images, or they could be a gift.

My discussion with Randy Masters was the start of a journey to allow myself to be open to new possibilities within art. For my project, I decided to make two watercolors that were infused with crystals. Through this process, I discovered that I want to make art that is infused with natural materials like minerals, crystals, or even sand. I want to make my own watercolors and oil paints without all the harmful ingredients that make them toxic. That way the images would be even more healing and transformative. It would be a different experience if only pure materials were used to aid in something as powerful as sound healing. I would then use these paintings and artwork with my clients.

In the future, I want to work with my potential clients on their spirit animals. The spirit animal is something I could bring into art and sound healing. I would want to bring my future client into a guided meditation where they had the space to find their spirit animal or another helpful creature. After discovering a client's spirit animal I could work with them and create a unique piece of artwork that they could carry with them for the rest of their lives. Ashford University did a study on how viewing art can help your brain. Their study found that looking at artwork can increase the blood flow to the brain by as much as 10% (*How Looking at Art Can Help Your Brain*, 2017). When a person is engaged in the visual

arts they have reduced stress, and higher memory and empathy. Art is so powerful it can help us relax on a bad day, make us remember the past, and inspire us to do more with our lives. The paintings would serve as a reminder to the client for them to stay true to themselves no matter the circumstances.

The first watercolor I created is the butterfly piece. I was out for a walk at the Victoria Manalo Draves Park and was watching a monarch butterfly slowly flutter from flower to flower. I decided to use that image in my painting. While I worked on this watercolor I used the tuning fork 126.22 HZ to call in happiness and the sun. I used the minerals Carnelian and Orange Calcite in my watercolor mix. Carnelian is a symbol of courage, vitality, sexuality, and confidence (Simmons, 92). Emotionally this stone helps people overcome the fear of taking action or the fear of doing the wrong thing. It also assists to embrace change and transformation. Carnelian is present in the first three chakras but is dominant in the root. Orange Calcite is also found in the first three chakras. "Orange Calcite carries solar energy. It encourages one in new endeavors and helps one break out of old patterns (Simmons, 84)."

This butterfly watercolor is an example of what I could do for a potential client. A butterfly is a symbol that the soul is on a long journey where some constant shifts and circumstances will cause us to transform into beautiful creatures. A butterfly is a sign of change. They bring joy and lots of color in life. Butterflies also serve as a constant reminder to show what happiness is. People that have the butterfly as their spirit animal are more in tune with the harmony of the earth, and are more aware of environmental changes. They may be the first to voice their opinions on environmental matters and allow for new preservations to start. It is a symbol of transition that is beyond human control, and also a sign of good news. Butterflies are a gift for accepting change and being open to new beginnings (*Complete Totem List – Spirit Animal Totems*, 2019).

The second watercolor painting is a dolphin. I created this painting with San Francisco in mind and the ocean that surrounds the city. When I was working and painting this watercolor I used the 4303 HZ tuning fork, which is one of the dolphin frequencies. I used the minerals Amazonite and Chrysocolla to infuse with the watercolors. Amazonite is associated with the element of water. It is linked to the heart and throat chakras. When people aren't sure of what they have to offer to the world, this is an excellent stone. It helps point people towards their gifts and inner knowledge. This mineral evokes truth, communication, and harmony (Simmons, 21). The Chrysocolla stone is also associated with the element of water. It is correlated with the throat, heart, and root chakras. This is a great stone for communication, expressing the sacred, and balancing the goddess energies. This stone evokes gentleness and power by blending masculine and feminine energies. It also helps channel and open communication with the higher sacred realms (Simmons, 114).

People with dolphins as their spirit animals are experts at being in two realms at once, both the physical and ethereal world. The image of the dolphin is a reminder that even adults still need to take time to play. Fun activities and laughter are some of the best ways to relieve stress and focus. Dolphins provide guidance, healing, and companionship. They are in balance and harmony with the environment. These people will joyfully complete daily tasks and like to work in groups. They provide protection and guidance to others without putting themselves at risk. They are also more likely to show their love through caretaking. These people have a profound understanding of the cosmic knowledge and also

know how to use it in their lives. Dolphins as spirit animal invoke generosity, harmony, and playfulness (*Complete Totem List – Spirit Animal Totems*, 2019).

In this process, I've discovered that working with imagery is a powerful and beautiful practice. Angeles Arrien author of *The Signs of Life* said, "The portal of healing and creativity always takes us into the realm of the spirit." I have found that through using spirit animals one becomes more centered and connected to the other dimensions. I want to use my paintings and meditations to allow people to experience sound healing in an entirely new way. I want to evoke the spirit animals through mindful breathing and meditation. I wish to create a safe place where my clients are permitted to share their thoughts, feelings, and ideas. By using spirit animals and infused art I want to create an entirely new experience through sound healing.

Work Cited

*Complete Totem List – Spirit Animal Totems*. Animal Totems, 2019, [www.spirit-animals.com/](http://www.spirit-animals.com/).

*How Looking at Art Can Help Your Brain*. Ashford University, May 2017, [www.ashford.edu/online-degrees/liberal-arts/how-looking-at-art-can-help-your-brain](http://www.ashford.edu/online-degrees/liberal-arts/how-looking-at-art-can-help-your-brain).

Simmons, Robert, and Naisha Ahsian. *The Book of Stones: Who They Are & What They Teach*. Heaven and Earth, 2007.

Finished Paintings:



*(The Butterfly Watercolor- Carnelian and Orange Calcite)*



*(The Dolphin Watercolor- Amazonite and Chrysocolla)*